

FYSPT Coordination Changes

Starting on January 1st of 2020, PAVE will no longer be in charge of coordinating Salish FYSPT. With the changes involving Medicaid integration, the Salish Behavioral Health Administrative Service Organization (BH-ASO), formerly the Salish BHO, will be in direct control of coordinating FYSPT, its services, and its meetings. This means that the three current coordinators (Jill McCormick, Shawnda Hicks, and Colleen Bradley) will not be involved in the running of the organization as of the end of 2019.

Sam Agnew of the Salish BH-ASO will take charge of coordination duties in the New Year. He has been attending regional and statewide meeting along with consulting with the current coordinators in order to ensure continuity. If you need to contact him, his e-mail is sagnew@co.kitsap.wa.us.

The last FYSPT meeting of the year will be a celebration of the individuals involved in FYSPT and a conversation on how to continue to improve the lives of families who have children with behavioral health issues in 2020. The FYSPT staff encourages everyone to join in at the Sylvan Way Library from 3-6PM on December 16th. Children who attend will receive a small gift and festive food will be served.

Upcoming Events

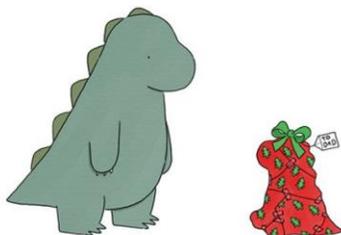
- Legislative “Coffee Chat” in Bremerton – Dec. 10, 10-12
- Trickle Up Training in Port Angeles – Dec. 10, 12-2
- First Step Family Support Holiday Party in Port Angeles – Dec. 10, 4-6
- Kitsap Parent Coalition Meeting & Holiday Party in Bremerton – Dec. 12, 11-1
- Know Your Rights (IEP) in Bremerton – Dec. 12, 5-7
- Salish FYSPT Meeting and Holiday Party in Bremerton – Dec. 16, 3-6
- Autism Workshop in Bremerton – Dec. 17, 1-4
- Helping All People Flourish in Poulsbo – Jan. 21

For more details and more events, visit salishfyspt.org/calendar

Dealing with the Holidays

The Holidays can be a joyful time, but they can also be difficult for families with children who have behavioral health issues. Here are a few tips for enjoying the holiday as a family.

- 1) Learn to Say “No” for you and your child. With so many parties, events, and activities, calendars can get quickly filled up. Be selective of what you say yes to and be willing to say no if you are getting stretched too thin.
- 2) Keep your family routines going. Despite all the events going on, it helps children with behavioral health issues to maintain regular bedtimes, mealtimes, and routines.
- 3) Be sure that you and your children get plenty of rest. With all the running around associated with the Holidays, it can get very easy to overwhelm and overexert yourself. Make sure you and your children get a good night’s sleep and take days off from activities.



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